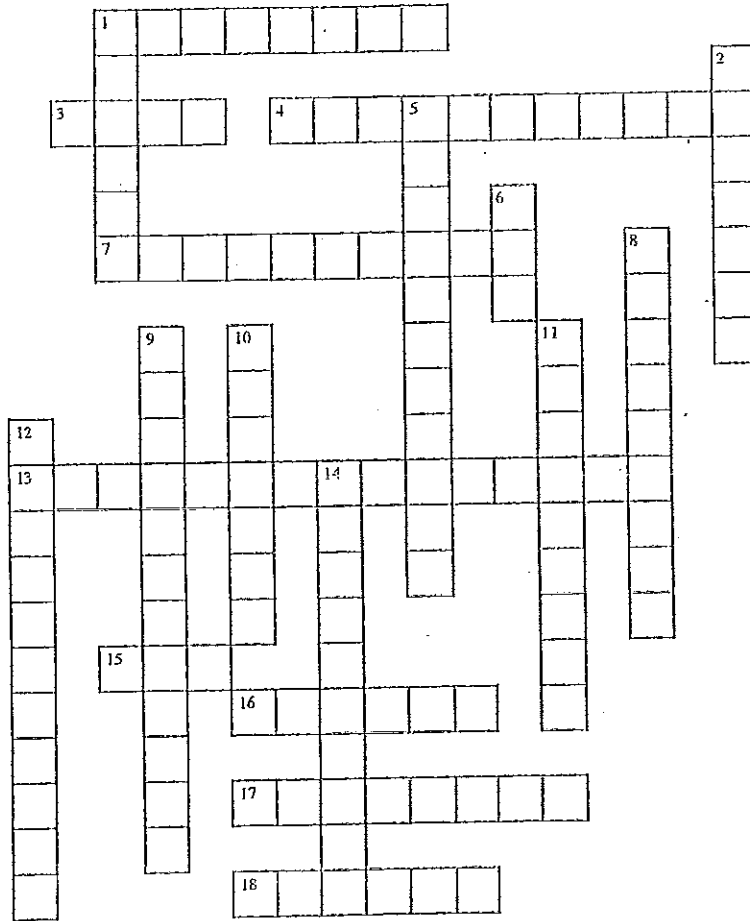


# Exercise and Lifetime Fitness



## ACROSS

- 1 Type of muscle in the body that we train through resistance
- 3 Type of muscle fiber that is explosive but fatigues very easy
- 4 Thickening of existing muscle fibers which allows them to grow
- 7 Type of small risks that build up over a period of time
- 13 Plaque that builds up in the arteries impeding blood flow
- 15 Facilitated stretching with a partner (Contract vs. Relax)
- 16 Coping with frustrations of daily life is an example of what part of health
- 17 Traits biologically passed on to you from your parents
- 18 Families, peers, and coworkers are examples of what part of health

## DOWN

- 1 Stretching with little or no movement
- 2 Word that describes the constant changing of your health
- 5 The sum of your surroundings
- 6 A group of repetitions for a given exercise
- 8 The "I" in the F.I.T.T. principle
- 9 Someone who is said to have high blood pressure
- 10 Type of exercise that is continuous, uses large muscles, requires O<sub>2</sub>
- 11 Measure of the force of blood in the artery wall as blood returns to the heart
- 12 Type of blood vessel that delivers nutrients to individual cells
- 14 Type of muscle contraction where the muscle shortens